

Salmon with Cucumber Chili Salad

Enjoy this refreshing salmon salad for lunch or dinner as part of your Healthiest Way of Eating. It is an excellent source of vitamin D and provides 105% of the Daily Value for omega-3 fatty acids. Enjoy!

Prep and Cook Time: 20 minutes

Ingredients:

- 1½ lb [salmon fillet, deboned and skin removed](#) cut into 4 pieces
- 3 cups thinly [sliced washed cucumber](#), do not peel
- 2 tsp [minced jalapeno pepper*](#), seeds and stem removed
- 1/2 cup [chopped scallion](#)
- 3 TBS [chopped fresh cilantro](#)
- 1½ TBS [chopped fresh mint](#)
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- **Dressing**
- 2 + 1 TBS fresh lemon juice
- 1 TBS [tamari \(soy sauce\)](#)
- 1 TBS extra virgin olive oil
- salt and cracked black pepper to taste
- *if you like food less spicy, use less jalapeno pepper

Directions:

1. To Quick Broil salmon, preheat broiler and place an all stainless steel skillet (be sure the handle is also stainless steel) or cast iron pan under the heat for about 10 minutes to get it very hot. The pan should be 5 to 7 inches from the heat source.
2. Rub salmon with 2 tsp fresh lemon juice, salt and pepper. (You can Quick Broil with the skin on; it just takes a minute or two longer. The skin will peel right off after cooking.)
3. While pan is heating, prepare the remaining five ingredients.
4. Using a hot pad, pull pan away from heat and place salmon on hot pan, skin side down. Return to broiler. Keep in mind that it is cooking rapidly on both sides so it will be done very quickly, usually in 7 minutes depending on thickness. Test with a fork for doneness. It will flake easily when it is cooked. Salmon is best when it is still pink inside.
5. While salmon is cooking, whisk together lemon juice, tamari, olive oil, salt and pepper. When ready to serve toss with cucumber mixture. Do not toss ahead as it will dilute the flavor.
6. Place cucumber salad on a platter and place salmon on top. Garnish with a sprig of cilantro and serve.

Serves 4

Healthy Cooking Tips:

Choose salmon filets that are cut from the head of the fish. It will be thicker, and moister after cooking. Because stoves vary, it is best to check the salmon for doneness after about 1 minute after you have turned it. Salmon is best-cooked medium. Insert the tip of a knife into the thickest part of the filet. It should flake, yet still be pink in the center. Also, make sure you don't toss the cucumber mix with the dressing until you are ready to serve. The salt in the dressing will draw out the water in the cucumbers and dilute the flavor of your salad. You may want to add a little minced chili pepper at a time and taste it, so it will match your personal preference in heat and spiciness.

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1 serving: calories 360.10; protein 35.64 g; carbohydrates 4.84 g; dietary fiber 1.33 g; sugar – total 2.32 g; fat – total 21.37 g; saturated fat 4.80 g; mono fat 10.33 g; poly fat 3.92 g